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The Ho'olauna Bulletin is designed to provide the USAG-HI Community important information about activities and events happening in the local community. Meaning "to be friendly" or "to introduce one person to another," the goal of Ho'olauna is to introduce the local and Hawaiian communities to the USAG-HI Communities. We hope you enjoy this service and learning more about your new island home. If you have trouble reading this newsletter, it will be available in .pdf version at the [U.S. Army Garrison-Hawaii website](#) and on our [blog](#).



## HO'OLAUNA NEWSLETTER

*E ho'olauna malihini (so friendly to the newcomer)*

## Vol IV. Issue 11: August 22, 2013

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# History and Culture

## Hawai'i's Sacred Sharks

### *Respecting Ocean and Culture*

Sharks are revered and respected by Native Hawaiians. There are numerous traditional names for sharks, like manō or niuhi. Manō is typically a general name used for any species of shark, which niuhi refers to larger shark species or individuals.

Life among sharks was part of traditional Hawaiian culture, and many activities revolved around Hawaiians' relationships with sharks. Chiefs were known to catch niuhi for sport, whereas the skin and teeth of sharks were also valued in making weapons or hula implements.

Today, sharks remain respected and feared and are commonly found in Hawai'i's waters. Below is a list of safety tips.

#### Shark Safety:

1. Swim, surf or dive with other people, and don't move too far away from assistance.
2. Stay out of the water at dawn, dusk and night, when some species of sharks may move inshore to feed.
3. Do not enter the water if you have open wounds or are bleeding in any way. Sharks can detect blood and body fluids in extremely small concentrations.
4. Avoid murky waters, harbor entrances and areas near stream mouths

(especially after heavy rains), channels or steep drop-offs. These types of waters are known to be frequented by sharks.

5. Do not wear high-contrast clothing or shiny jewelry. Sharks see contrast very well.
6. Refrain from excessive splashing; keep pets, which swim erratically, out of the water. Sharks are known to be attracted to such activity.
7. Do not enter the water if sharks are known to be present. Leave the water quickly and calmly if one is sighted. Do not provoke or harass a shark, even a small one.
8. If fish or turtles start to behave erratically, leave the water. Avoid swimming near dolphins, as they are prey for some large sharks.
9. Remove speared fish from the water or tow them a safe distance behind you. Do not swim near people fishing or spear fishing. Stay away from dead animals in the water.
10. Swim or surf at beaches patrolled by lifeguards and follow their advice.

To read more on sharks in Hawai'i, please visit <http://www.hawaiisharks.com/index.html>

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A cultural and educational immersion experience will take place on O'ahu's North Shore on August 31, 2013

## **Cultural and Educational Experience**

**Visit to Loko Ea (traditional Hawaiian fishpond)  
Saturday, August 31, 2013**

The Native Hawaiian Liaison office and the ACS Relocation Readiness Program are offering an educational and cultural immersion experience on the aquaculture resources of O'ahu's North Shore. This family friendly event will offer members of the U.S. Army Hawai'i community opportunities to learn about traditional Hawaiian fishing practices.

Loko i'a are traditional Hawaiian fishpond systems that have been used across the Hawaiian archipelago for centuries. They demonstrate traditional Hawai'i's excellence in sustainability, food sovereignty and natural resource management. Loko i'a consist of an expanse coast of any given size that is closed off from the larger body of water by rock walls and feature at least one opening through which fish may enter but not exit the pond. These structures enabled Hawaiians to raise various species of fish and plants for their consumption, thus alleviating the need to journey far away from home to hunt or gather.

The full-scale development of loko i'a from mauka (the mountains) to makai (the ocean) dates back over half a millennium. Cultivation and propagation centered on many different fresh and salt-water plants and animals, with the primary species being the prized 'ama'ama (mullet) and 'awa (milkfish). Increasing immigration and western influences during the 19th and 20th centuries, coupled with industrialization and urbanization would have a devastating impact on the traditional Hawaiian resource management systems in Hawai'i. As a result, most Hawaiian fishponds fell into disrepair. However, in recent years there has been a renewed interest in the repair and operation of traditional Hawaiian fishponds, for their cultural, economic and ecological value.

The Loko 'Ea fishpond in Hale'iwa, located about 45 minutes away from Honolulu, is one of the area's most valued treasures, as it serves as a natural resource where Hawaiian culture can be practiced and learned. Mālama Loko 'Ea is a Non-Profit Community Based foundation that strives to restore and preserve the Loko 'Ea fishpond in Haleiwa. With this goal in mind, Mālama Loko 'Ea hosts monthly community work days on every third Saturday, which are open to anyone and everyone.

This event is available to valid Military ID cardholders. Space is limited for this event and available on a first-come, first-serve basis.

Pick up: Army Community Service, Bldg 2091 Kolekole Ave.

Participants will be required to check-in at 0845.



Participants will be returned to ACS by 1400.

To RSVP, please email [usaghi.nhl@gmail.com](mailto:usaghi.nhl@gmail.com) with the following information:

- Name (point of contact)
- Number in party
- Contact phone number

*Since 2008, the U.S. Army Garrison-Hawaii's (USAG-HI) Native Hawaiian Liaison Office has been providing cultural enrichment programs and special events for Soldiers and family members, through workshops on language, hula, crafts, history and more.*

*This special event is being offered under the NHL program in support of the Army's Native Hawaiian Covenant and its goal of creating learning opportunities for the Army and Native Hawaiian community.*

*Army and Hawaii leaders signed a first-ever [Native Hawaiian Covenant](#) on March 24, 2010, to forge "a stronger relationship of cooperation, appreciation and understanding of Hawaii's native culture and resources, as well as the Army's role in Hawaii and the inclusiveness of its Soldiers in the local communities."*

*U.S. Army Garrison-Hawaii aims to educate, inform and promote events and activities of interest to the U.S. Army Hawaii community about Native Hawaiian culture, customs and values. The U.S. Army Hawaii community is encouraged to participate in Native Hawaiian events and activities.*





**JULIES** 17-25 2013

**OceanFest**

**SATURDAY, AUGUST 17**  
 Outrigger Hotels and Resorts Keiki Sand Soccer  
 Sand Volleyball Championships - Keiki Fours  
 OceanFest 2013 Opening Ceremony at Duke Statue

**SUNDAY, AUGUST 18**  
 Wounded Warrior Canoe Regatta  
 Outrigger Hotels and Resorts Masters Sand Soccer  
 Duke Kahanamoku Keiki Surf Fest

**MONDAY, AUGUST 19**  
 Duke Kahanamoku Kane & Wahine Longboard PRO/AM

**TUESDAY, AUGUST 20**  
 Honolua Surf Co.'s Ultimate SUP Showdown

**WEDNESDAY, AUGUST 21**  
**CAPITAL ONE 360 DAY AT THE BEACH**  
 HIC Pro Junior Surf Contest  
 AccesSurf Challenged Athlete Surf Competition  
 Outrigger Hotels and Resorts Lifeguard Competition  
 BearsWave.com-Tandem Expression Session

**THURSDAY, AUGUST 22**  
 HIC Pro Junior Surf Contest  
 AccesSurf Challenged Athlete Surf Competition  
 ITSA Waikiki Tandem Pro  
 Alaia Exhibition Surfing  
 BearsWave.com-Tandem Expression Session  
 Hawai'i Waterman Hall of Fame Awards Dinner

**FRIDAY, AUGUST 23**  
 Hawaiian Airlines Duke's Legends Surf Classic  
 Hawaiian Evening of History & Culture of Surfing (1910-1970)

**SATURDAY, AUGUST 24**  
 Duke Paoa Kahanamoku Sunrise Birthday Lei Draping  
 Duke's Waikiki Ocean Mile Swim  
 Hawaiian Airlines Duke's Legends Surf Classic  
 Sand Volleyball Championships - Adult Doubles  
 Hawaii Paddleboard Championship  
 Hawaiian 105 KINE Great Hawaiian Luau at Waikiki Aquarium

**SUNDAY, AUGUST 25**  
 Sand Volleyball Championships - Keiki Doubles  
 Duke Kahanamoku's Open SUP Showdown  
 Tiki's Grill & Bar Surfboard Water Polo at Kapahulu Breakwall

**GO TO WWW.DUKESOCEANFEST.COM FOR TIMES AND LOCATIONS**

**LONGBOARD**  
*Island Lager*

**HAWAII TOURISM**  
 AUTHORITY

  
**WAI KOKO**  
 COCONUT WATER

  
**OUTRIGGER**  
 HOTELS • RESORTS

**mobi**  
 pcs



 **DukesOceanFest**

 **@ODKFOceanFest**

 **DukesOceanFest**

Annual Ocean Fest continues through August 25th

# Community Event

## Duke's Ocean Fest Honors Surfing Legend

Born in Honolulu at the home of Princess Pauahi Bishop in 1890, Duke Paoa Kahinu Mokoe Hulikohala Kahanamoku was one of nine children born to Duke and Julie Kahanamoku, who were both descendants of Hawaiian royalty. He was named after his father, who was given the name Duke by the Princess in honor of the Duke of Edinburgh, Prince Alfred, who has visited Hawai'i in the 1860s.

Kahanamoku grew up outside Waikīkī and spent his childhood in the waters of Waikīkī (which means "spouting water" in Hawaiian). He enjoyed surfing, a traditional Hawaiian sport, in the old style with wooden board, which was 16 feet long and weighed 114 pounds.

He became known across the world for his swimming and surfing. At age 21, he broke the world record for the 100 yards freestyle by 4.6 seconds. He joined the U.S. Olympic swim team the following year, breaking the 200 meter freestyle record in a trial heat. He went on to win five Olympic metals over his 12 year Olympic career (three gold metals and two silver metals).

He served as a military police officer during World War II.

Duke Kahanamoku became a global ambassador for swimming and surfing and continues to be known today as the grandfather of modern swimming. His travels for swimming granted him the opportunity to share traditional surfing with the world, and his influence on the world and the sport continues to be seen today.

Ocean Fest is a week long celebration of his extraordinary legacy.

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## Cultural Workshops

**Below is a list of the cultural workshops for the rest of August**

21-Aug	1600	Lau niu (coconut frond weaving)	Wheeler IPC
22-Aug	1600	Lau niu (coconut frond weaving)	Porter
26-Aug	1700	Beginning Hula	AMR
26-Aug	1800	Advanced Hula	AMR
27-Aug	1700	Beginning Hula	Kalakaua
27-Aug	1800	Advanced Hula	Kalakaua
28-Aug	1600	Flower Lei Making	Yano

29-Aug 1600 Lei la'i (Ti leaf lei)

Porter

For a full listing of our cultural workshops, including hula, ukulele, keiki crafts and other wonderful cultural learning opportunities, [visit our website here](#).

Have questions? Need directions? Give us a call at (808) 392-1617 or email us at [usaghi.nhl@gmail.com](mailto:usaghi.nhl@gmail.com).

Sign up for the Ho`olauna Newsletter

Questions? Email us!

Suggestions? Comments? Take our survey!



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